



RESIDENTIAL COURSES AT Bell Heath Outdoor Elements

Information for parents/children

Day 1

- School as normal, remember to bring luggage/packed lunch
- Leave to arrive at Centre for 10.30 am
- Met by Centre staff – introductions
- Unpack, make beds, equipment update, packed lunch
- Fire Drill
- 1.30 pm First activity – split into your group
- 3.00 pm second activity
- 4.30 pm finish activities – classroom to review the day
- 5.15 or 6.00 pm – evening meal
- Kitchen duties for pupils

Day 2

- Early morning call – Breakfast – 7.30 am or 8.15 am;
- Make up packed lunches
- Kitchen duties
- 9.00 am – Dorm inspections
- 9.30 am – morning activities begin
- 12.30 pm to 1.30 pm packed lunch
- 1.30 pm afternoon activities begin
- 4.30 pm activities finish – classroom session
- 5.15 pm or 6.00 pm – evening meal
- Kitchen duties

Day 3

- Early morning breakfast call
- Strip beds, pack suitcases – take to designated area
- Breakfast Make up packed lunches
- Kitchen duties
- Dorm inspection
- 9.30 am – morning activities
- Course debrief – certificates etc
- Lunch
- 1.30 pm – 2.00 pm depart
- Return to school by 3.30 pm

WORRIES:

- Every activity run and led by fully qualified, insured Centre staff
- All children will be encouraged to have a go
- No one will be forced into doing something they don't want to
- About personal challenges and team work
- Centre staff on 24 hour duties – each staff member fully trained first aider
- School staff will be available 24 hours and will have a nominated first aider, who will be in charge of any medications
- The Centre caters for special diets including gluten free, lactose intolerant & nut allergies, please inform the school of any special dietary requirements in advance of your visit

WHAT DO YOU NEED TO BRING?

- Medication in a clear plastic bag clearly labelled and with instructions on dosage etc.
- Single Duvet cover, pillowcase and bottom sheet or sleeping bag and pillow case
- Packed lunch for first day
- Lunch box / water bottle (named please)
- 3 sets of old clothes – Loose fitting and comfortable clothes appropriate to the season – lots of layers are warmer than a few thick ones. Trousers not skirts. Track suit bottoms are much better than jeans. Jumpers. Hats and gloves are important between October and March.
- Underclothes – at least one change per day plus an extra set. Decent loop stitched socks
- Outdoor shoes that won't hurt to get muddy and wet – walking boots/shoes/trainers/wellies
- Slippers/indoor shoes/pumps
- Waterproof coat/trousers
- Small rucksack
- Toiletries – flannel, soap, toothbrush and toothpaste
- Towels + spare for water sports
- Empty plastic bag for dirty washing
- Night clothes
- NO jewellery or electronic items
- NO MOBILE PHONES – no signal. Disposable camera (at own risk)
- GOODIES – no sweets, snacks or drinks
- If you can please pack everything in a small suitcase or bag Bell Heath Outdoor Elements. Quantry Lane, Bellbroughton. DY9 9UU

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